



At the current time, influenza vaccine manufacturers are projecting that approximately 100 million doses of influenza vaccine will be available in the U.S. for use during the 2006-07 influenza season.

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Placer County Seasonal Flu Shots

Placer County's Health and Human Services Department will once again sponsor seasonal flu clinics in several communities (complete schedule on page 2).

Getting a flu shot is an excellent way to reduce your chances of getting seasonal flu, which can leave you and your family feeling miserable with fever, cough, runny nose and muscle pain.

However, seasonal flu can also be a very serious disease for those at greatest risk. About 36,000 Americans die of seasonal flu each year, usually from complications of pneumonia.

People who are 60 or older are the most important group to receive flu shots, according to the state. The state also recommends that people who have chronic health issues and their household contacts, children aged 6 to 59 months; health care workers; pregnant women; and people 50 or older; receive immunizations. County clinics will focus on these higher risk groups first.

It is recommended that individuals check with their personal physician or health care provider for a personal recommendation and likely a flu shot. Some retail establishments also offer flu shots. Flu shots at County clinics cost \$10. There is no charge to MediCare patients who can show their MediCare cards and who are not enrolled in an HMO plan.

Washing your hands thoroughly and often; and covering your cough with a tissue or sleeve are also very important ways to stop the spread of flu viruses.

When you wash with soap and water for 15 to 20 seconds, you can significantly reduce your chances of picking up a cold or flu virus from something you touched, like a doorknob, a desk or during a handshake.

Recent media reports may have caused confusion about the differences between seasonal flu, avian (bird) flu and pandemic flu.

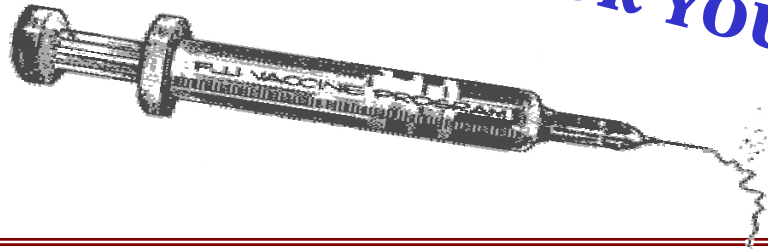
At this point, the only concern is seasonal flu, which happens every year. Most people can avoid getting sick by practicing good health care habits, washing their hands often and getting flu shots. Healthy adults are not usually at risk of serious complications.

Since 1997, a strain of bird flu has affected wild and domestic birds in Asia, Europe and Africa. Some people who have had very close contact with birds have gotten sick. However this bird flu does not appear to spread person-to-person.

There is no pandemic flu virus now. Pandemic flu is a natural occurrence, but it doesn't happen often; the last time was 1968. A pandemic flu would be caused by a new virus not seen in people before, and would be passed person-to-person. Should it occur, it could cause serious illness and social disruption.

The World Health Organization believes that another pandemic flu will develop at some point. WHO and government agencies are closely monitoring the situation. Precautionary planning for pandemic is taking place at the local, state and federal level.

JUST DO IT!



FOR YOUR HEALTH!

Flu Shots *(continued from page one)*

Here is the schedule of the County flu clinics. For up-to-date information about Placer County flu immunization sites, go to www.placer.ca.gov or call **the flu hotline (530-889-7161)** to hear a recorded message. Additional sites will be added if more vaccine becomes available.

Drive through clinics are available in two locations, where you don't even need to get out of the car to get a flu shot – just roll up your sleeve and stick out your arm!

Drive through clinics:

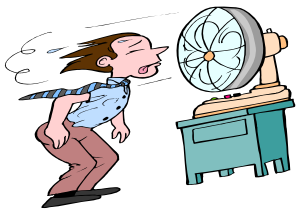
- Tuesday, Oct. 17, 9 AM to 12:30 PM at the Gold Country Fairgrounds in Auburn, 1273 High Street;
- Thursday, Oct. 19, 9 AM to 12:30 PM at the Placer County Fairgrounds in Roseville, 800 All American City Drive.

More traditional clinics take place on the following dates and times:

- Tuesday, Oct. 24, 9 AM to 11 AM at the Kings Beach Fire Station, 288 Northshore Blvd.
- Tuesday, Oct. 24, 12:30 PM to 3 PM at the Fairway Community Center in Tahoe City, 221 Fairway Drive
- Wednesday, Oct. 25, 8:30 AM to 12:30 PM at the Gold Country Fairgrounds in Auburn, 1273 High Street
This is part of a community Health Fair
- Wednesday, Nov. 1, 9 AM to 12:30 PM at the Maidu Community Center in Roseville, 1550 Maidu Drive
- Thursday, Nov. 2, 9 AM to 11:30 AM at the Community Center in Colfax, 10 West Church Street
- Tuesday, Nov. 7, 8:30 AM to 10:30 AM at the Veterans Memorial Hall in Foresthill, 24601 Harrison Street
- Wednesday, Nov. 8, 9 AM to 11:30 AM at the Veterans Memorial Hall in Lincoln, 541 5th Street
- Thursday, Nov. 9, 9 AM to 12:30 PM at the Assembly of God Church in Loomis, 6217 Brace Road
- Wednesday, Nov. 15, 9 AM to 11:30 AM at the Veterans Memorial Hall in Roseville, 110 Park Drive
- Saturday, Nov. 18, 10 AM to 2 PM at the Gold Country Fairgrounds in Auburn, 1273 High Street
This is part of the Mandarin Festival
- Tuesday, Nov. 21, 9 AM to 11:30 AM at the City of Rocklin Sunset Center, 2650 Sunset Blvd.
- Wednesday, Nov. 29, 9 AM to 11:30 AM at the Senior Center in Auburn, 11577 F Avenue
- Wednesday, Dec. 6, 9 AM to 11:30 AM at the Veterans Memorial Hall in Roseville, 110 Park Drive



STAY HEALTHY!



HEAT WAVE



On July 26, 2006, Governor Schwarzenegger requested that all county welfare departments assess the safety of all In-Home Supportive Services (IHSS) recipients and Adult Protective Services (APS) clients as a result of the prolonged heat wave.

Dr. Richard Burton, Placer County Public Health Officer and Director of Health and Human Services, requested that these safety checks be made within a 24 hour period. The IHSS and APS programs of the Adult Systems of Care not only met that expectation, but *EXCEEDED* it! IHSS; IHSS Public Authority;

APS, along with a number of eligibility workers and other county staff called every client within our programs. **Out of approximately 1,500 IHSS and APS recipients, 1,493 were called!** Home visits were made to those clients who could not be contacted by phone.

The majority of our clients reported that they were doing fine; only five (5) reported that they needed assistance. For those clients, selected social workers delivered fans, etc. to help ensure their safety.



COLD WEATHER ADVISORY



The cold and flu season is upon us. Here are just a few simple measures you could follow to protect yourself during cold weather conditions:

- Maintain a heated environment inside your home of at least 68 degrees during the day and evening; 63 degrees at night.
 - When exposed to cold weather outside, wear layers of warm, dry clothing, including a head covering and mittens (they are warmer than gloves).
 - Do not drink alcoholic or caffeinated beverages; they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature.
 - Maintain good nutrition (eating well-balanced meals will help you stay warmer) and get plenty of rest.
 - Check with your doctor when using prescription drugs. Some medications may lower tolerance levels for cold.
 - If you live alone, keep in contact with friends and family.
 - Do NOT use an oven for heating the room.
 - Be aware that space heaters can be a fire risk.
 - Never place a space heater on top of furniture or near water. Follow directions for safe use.
 - Talk to your doctor about getting a flu shot every year—especially if you are 65 or older, disabled, or have a chronic illness.
- Common symptoms of Hypothermia or other cold-related health problems include (but are not limited to):**
- Adults**
- ✓Stiff muscles ✓Pale skin ✓Mental confusion
 - ✓Slowed breathing ✓Poor physical condition
 - ✓Memory loss ✓Slurred speech ✓Drowsiness
 - ✓Shivering ✓Exhaustion ✓Lack of appetite
- Infants**
- ✓Bright red, cold skin ✓Very low energy
- IF YOU NEED EMERGENCY MEDICAL ATTENTION - CALL 9-1-1 OR YOUR PHYSICIAN IMMEDIATELY.**
- Centers for Disease Control and Prevention; and the County of Los Angeles, Dept. of Social Services*

Just the facts



Elder Abuse is a Serious Problem

Each year hundreds of thousands of older persons are abused, neglected, and exploited by family members and others. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs.

Legislatures in all 50 states have passed some form of elder abuse prevention laws. Laws and definitions of terms vary considerably from one state to another, but all states have set up reporting systems. Generally, adult protective services (APS) agencies receive and investigate reports of suspected elder abuse.

The APS agency screens calls for potential seriousness, and it keeps the information it receives confidential. If the agency decides the situation possibly violates state elder abuse laws, it assigns a caseworker to conduct an investigation (in cases of an emergency, usually within 24 hours). If the victim needs crisis intervention, services are available. If elder abuse is not substantiated, most APS agencies refer the elder to appropriate community resources if needed.

The older person has the right to refuse services offered by APS. The APS agency provides service only if the senior agrees or has been declared incapacitated by the court and a guardian has been appointed. The APS agency only takes such action as a last resort.

Elder abuse is an umbrella term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

- **Physical abuse** is inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving them of a basic need.
- **Sexual abuse** is the infliction of non-consensual sexual contact of any kind.
- **Emotional or psychological abuse** is the infliction of mental or emotional anguish or distress on an elder person through verbal or nonverbal acts.
- **Financial or material exploitation** is the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- **Neglect** is the refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- **Self-neglect** is characterized as the behavior of an elderly person that threatens his/her own health or safety.
- **Abandonment** - The desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.

To Report abuse in Placer County, please call ACCESS at: (916) 787-8860.

To report abuse outside Placer County, contact APS through your state's hotline.

For California the toll free number is: 1-888-436-3600.

Administration on Aging, www.aoa.gov

SENIOR HEALTH & FITNESS FAIR

FLU VACCINE CLINIC & PIRS ASSISTIVE TECHNOLOGY EXPO

DATE: WEDNESDAY, OCTOBER 25, 2006

TIME: 8:30 A.M.—1:30 P.M.

PLACE: AUBURN GOLD COUNTRY FAIRGROUNDS

1273 HIGH STREET, AUBURN

**~ FLU VACCINES (\$15.00) ~ FREE HEALTH SCREENINGS ~ EDUCATION ~ FOOD
~ FUN ENTERTAINMENT ~ SENIOR SERVICE PROVIDERS WITH INFORMATION ~ PRIZES
PLUS THE LATEST IN ASSISTIVE TECHNOLOGY!**



How can consumers ask for an increase or a reconsideration of hours by the case worker?

First of all, it is important to remember, that the IHSS program is based upon safety and not comfort. When the case worker does the assessment, he/she must keep this standard in mind. Therefore, time may seem 'scant', but the program is a "time per task" program and only allows for the time it takes to complete certain tasks. Also, the program emphasizes the strengths and abilities of the consumer in an effort to promote independence instead of dependence.

However, in the event that the safety of the consumer is an issue because the hours are too low, then the consumer should call his/her case worker to discuss why there is a need for more hours. Often, the consumer may need more hours due to a change in their health. It may be that the need is of a temporary nature, such as a need for more time after a major surgery. In this case, the increase in time will be time-limited, to allow for recovery. The case worker may ask for feed back from the doctor and/or physical therapists in order to make a more accurate assessment of the consumer's needs. It is helpful to anticipate this request and have paperwork available for the case worker.

In the event that there is a permanent change in health or it is anticipated that there will be further decline, the case worker will also usually get a completed physician's evaluation to help him/her with the assessment.

In the event that the case worker does not agree with the requested increase in hours, he/she may send information to the client regarding the State Hourly Task Guidelines, which took effect 9/1/06. The purpose of these guidelines is to ensure uniformity when assessments are being done. In this way, a consumer could expect about the same assessment from any county in the State.

If the consumer still feels that he/she needs an increase in hours, and the case worker is not willing to increase the time, the consumer may talk to the IHSS Supervisor. If there is still a question of need, another case worker or the supervisor may do an independent evaluation to see if the hours seem to be assessed correctly. If it is determined that an increase in hours is appropriate, the client will receive an increase. If not, the hours will remain the same.

At this point, the consumer has the right to file for a Fair Hearing. He/she can file the request on the back of the Notice of Action and drop it off at a county office or mail it to the address on the back of the Notice.

The consumer will have their case heard in front of an Administrative Law Judge, who will consider both sides of the case and make a final determination.

Cate Lynds, Supervisor IHSS/IHSS Public Authority



**PLACER COUNTY
IHSS PUBLIC AUTHORITY
11533 'C' AVENUE
AUBURN, CA 95603**

**Placer County IHSS
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Auburn, CA 95603

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Eldon Luce

Supervisor:
Cate Lynds

Secretary:
Cecilia Elliott

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Friday
8:00 a.m. - 1:00 p.m.

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Karen Boal - Vice Chairperson

Margaret Maldander

Michael Fletcher

Deborah Dahl

Mary DeGraaf

Ruth Lindsley

Eula Marshall

Diane Lester

**JOIN TODAY!
CALL 530-886-3680**